

# Meal Site Menu

# July 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Beef Macaroni w/Tomato, Seasoned Turnip Greens, Juice, Texas Toast, LD Star Crunch, Milk</p>	<p>4 CLOSED Happy 4<sup>th</sup> of July</p>	<p>5 Smothered Chicken, Mushroom Gravy, Steamed Rice, Juice, Blend Vegetables, Whole Wheat Bread, Margarine, Milk</p>	<p>6 Chicken Chef Salad, Black-eyed Pea Salad, Broccoli Raisin Salad, Crackers, Apple Pie, FF Ranch Dressing, Milk</p>	<p>7 Beef Tips, Brown Gravy, Mashed Potatoes, Juice, Succotash, White Dinner Roll, Margarine, Milk</p>
<p>10 Waikiki Chicken, Rice Pilaf, Country Cottage Blend, Orange, Whole Wheat Roll, Birthday Cake, Milk</p>	<p>11 Ziti w/Meat sauce, Oriental Blend Vegetables, Spiced Apple Slices, Texas Toast, Milk</p>	<p>12 Egg Salad, Potato Salad, Marinated Broccoli Salad, Whole Wheat Bread, Juice , Milk</p>	<p>13 Hamburger American Cheese, Carrots, Lettuce &amp; Pickles, Hamburger Bun, Peach Cobbler, Ketchup, Milk</p>	<p>14 BBQ Chicken, Ranch Beans, Juice, Seasoned Turnip Greens, White Bread, Blueberry Cake, Milk</p>
<p>17 Beef Patty, Pepper &amp; Onion Gravy, Seasoned Collard Greens, Black-eyed Peas, White Dinner Roll, Pineapple Tidbits, Margarine, Milk</p>	<p>18 Chicken Milano, Italian Squash, Carrots, Rye Bread, Rocky Road Pudding, Milk</p>	<p>19 Italian Sandwich, Cantaloupe, Lettuce &amp; Tomato, Hoagie Bun, Apple Cinnamon Bar, Milk</p>	<p>20 BBQ Pulled Pork, Baked Beans, Confetti Cole Slaw, Hamburger Bun, Milk</p>	<p>21 Spaghetti w/Meat Sauce, Broccoli, Escaloped Apples, Whole Wheat Bread, LD Fudge Round, Milk</p>
<p>24 Sliced Ham, pinto Beans, Steamed Spinach, Rye Bread, Juice, Oatmeal Raisin Cookie, Margarine, Milk</p>	<p>25 Hot Dog w/Chili, Carrot Raisin Salad, Ranch Beans, Hot Dog Bun, Mandarin Orange, Milk</p>	<p>26 Bourbon Chicken Salad, Macaroni Salad, Juice, Tossed Salad, Captain's Wafers, Tropical Mixed Fruit, Ranch Dressing, Milk</p>	<p>27 A-1 Chopped Steak, Brown Gravy, Mashed Potatoes, Mixed Vegetables, White Dinner Roll, Banana, Milk</p>	<p>28 Sausage w/onions&amp; peppers, Scalloped Potatoes, Southern Green Beans, Applesauce, Hot Dog Bun, Mustard, Milk</p>
<p>31 Beef Macaroni w/Tomato, Seasoned Turnip Greens, Juice, Texas Toast, LD Star Crunch, Milk</p>	<p>Do you or your loved ones have Medicare? SHIIP can help if you have questions. 1-855-408-1212 or 410-1135</p>	<p>Save your Plastic Grocery Bags to help with a special project of making sleeping mats for the homeless. Give them to the senior centers.</p>		<p>Save your Pop Tabs to help raise money for the Ronald McDonald House. Give them to the senior centers.</p>